

Use Naloxone for a Drug Overdose

You should give naloxone to anyone who has taken drugs and may be overdosing. Someone who is overdosing may stop breathing or their breathing may be slow and labored. **Act fast! An overdose is life threatening.**

Give naloxone even if you do not know what kind of drugs a person took. Naloxone will only work on opioids, but there is no harm if they took a different kind of drug.

Washington's Good Samaritan Law provides some protection when calling 9-1-1 to save a life – even if drugs are at the scene. (RCW 69.50.315)

1. Check for a response

- Try to wake them up. Shake them and shout their name.
- Rub your knuckles hard on the center of their chest.
- Hold your ear close to their nose, listen and feel for signs of breathing.
- Look at their lips and fingernails – pale, blue, or gray color is a sign of overdose.

2. Call 9-1-1

- Tell the operator your exact location.
- Say you are with a person who is not breathing. You do not have to say anything about drugs or medicines at the scene.
- Tell the operator you are going to give the person naloxone.
- Follow any instructions you get from the operator.

3. Give naloxone

- There are two common types of naloxone. Follow the “How to Use” instructions on the right.

4. Start rescue breathing

- Someone who has overdosed needs oxygen. Naloxone may take a few minutes to start working. Check again to see if they are breathing.
- If you can't hear them breathe or their breath sounds shallow, provide rescue breaths. (See the other side of this sheet.)
- Follow instructions of 9-1-1 operator until help arrives.

5. Give a second dose of naloxone

- Wait about 3 minutes for naloxone to take effect.
If the person has not responded after 3 minutes, give a second dose.

6. Post care for overdose

- Stay with the person until help arrives. Remember, the Good Samaritan Law offers protections when you call 9-1-1 for an overdose.
- If the person starts breathing on their own, but they do not wake up, roll them on their side to a recovery position. (See the other side of this sheet.)
- When the person wakes up, they may have opioid withdrawal symptoms such as chills, nausea, and muscle aches.
- They may not remember what happened. They may be scared, nervous, or restless. Keep them calm until help arrives. Try to stop them from taking more drugs.

How to Use

Nasal spray – Needs no assembly.
Do not test the device. Each device only works once. You may need both devices.

- 1 Peel** back the package to remove the device.



- 2 Place** and hold the tip of the nozzle in either nostril.



- 3 Press** the plunger firmly to release the dose into nose.



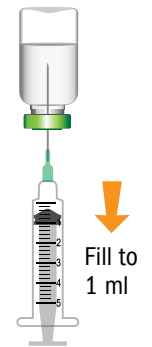
OR

Injectable – This requires assembly.

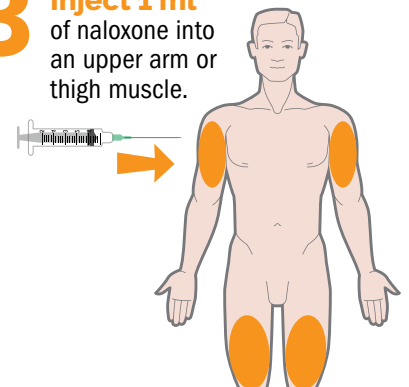
- 1 Remove cap** from naloxone vial and uncover the needle.



- 2 Insert needle** through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.



- 3 Inject 1 ml** of naloxone into an upper arm or thigh muscle.



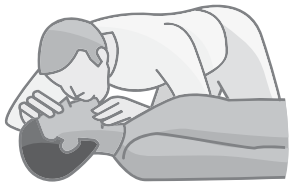
Be Prepared

Learn basic first aid skills from a trained instructor before you are in an emergency situation. If you are with a person who is unconscious and may be overdosing, you will need to perform these steps in order:

Check breathing.

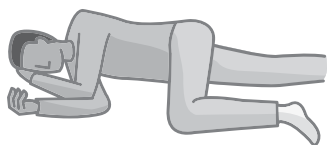


Give rescue breaths.



- 1 Lay the person flat on their back.
- 2 Gently tilt their head. Pinch their nose.
- 3 Give 2 quick breaths into their mouth. The chest (not stomach) should rise.
- 4 Give 1 slow breath every 5 seconds until they start breathing or wake up.

Roll to a recovery position.



If the person starts to breathe, but they do not wake up, roll them on their side to a recovery position.

Be Informed: Opioids and Naloxone

What are opioids?

Opioids include drugs like prescription painkillers, heroin, and fentanyl. These drugs can cause a person's breathing to slow or stop. When breathing stops or is too slow to support life, this is an overdose.

What are the risks of an opioid overdose?

An overdose can happen to anyone who takes opioids. A person is more likely to overdose if they:

- Take opioids with other drugs or alcohol
- Take opioids that are not prescribed to them, or they take more than prescribed
- Stop taking opioids for a while, then start taking them again
- Have heart or lung disease

What does an overdose look like?

When someone overdoses, their breathing will get very slow and may stop. They may look like they are sleeping. Lips and fingernails may appear pale, blue, or gray.

How does naloxone work?

Naloxone reverses an opioid overdose by blocking the opioid receptors in the brain. This is a temporary effect and can last between 30 and 90 minutes. After giving someone naloxone, it may take a few minutes to work. If a first dose of naloxone does not work after about 3 minutes, give a second dose.

Is naloxone safe?

Yes, naloxone is a safe medication that works to reverse an opioid overdose. Use naloxone even if you're not sure what kind of drugs someone took.

How and where do I store naloxone?

Store naloxone at room temperature, out of direct light. Keep it in a place where anyone who might witness an overdose can get to it quickly and easily.

Make sure everyone knows where the naloxone is stored.

When do I need to get a refill?

You will need a refill of naloxone if:

- You use one or both of the doses
- The naloxone is lost or damaged
- The naloxone is expired, or near its expiration date

Where can I get more information?

For more information about common types of opioids, opioid overdoses, how to use naloxone, and where to get naloxone in Washington state, go to www.StopOverdose.org.